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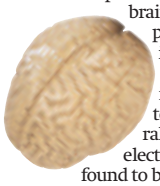
celeb buzz p/23
Rebecca, Jerry trying for baby

City docs find new treatment for depression

HEALTH A surgical technique that directs a stream of electric current to a specific region of the brain may offer a way to treat patients with severe depression, Toronto researchers reported yesterday. Deep brain stimulation, a procedure that involves inserting electrodes into the brain to stimulate neural circuits with electricity, was found to be both safe and effective in relieving the symptoms of depression in 60 per cent of patients who suffer from a serious and untreatable form of the illness. The 20-patient trial, published in the journal Biological Psychiatry, also found 35 per cent of patients were still largely free of symptoms 12 months after surgery.



TORSTAR NEWS SERVICE

World page 8

Top war crimes suspect nabbed in Serbia

Beijing Games page 13

New passion for rowing

Health page 16

Vitamin D shines a little life on you

Fire aftermath **Long wait for residents to return**

ANDREW WALLACE/TORSTAR NEWS SERVICE

Daria Tverdokhlebov, 17, carries her pet birds from Secord Public School in East York yesterday. Daria was forced to move the birds after her building at 2 Secord Ave. — near Main Street and Danforth Avenue — suffered smoke and structural damage due to a fire and explosion on Sunday. Story, Page 3

Campaign targets transit mishaps

Take off your iPods while crossing, TTC chair says

At least once a month a TTC rider gets hit by a car while boarding or exiting a streetcar.

TTC drivers report about 100 incidents a day of cars failing to stop behind the open doors of streetcars.

And last year there were 2,000 collisions of cars with TTC vehicles.

That's why police and transit officials, launching the annual "TTC Safety Etiquette" campaign yesterday, urged pedestrians and drivers to practise what they learned as children crossing the road — stop, look and listen — when around transit vehicles.

Drivers aren't the only ones distracted by cellphones and iPods these days, said TTC safety manager John O'Grady. Pedestrians and transit users are vulnerable to accidents because they're not tuned in to their surroundings.

"Other vehicles don't want to be behind you — they cut you off and they never give you the right-of-way."
TTC driver Daniel Canpos

"They're not paying enough attention to what they're doing. It's important for everyone to keep their wits about them," he told reporters at the launch of the campaign, which runs until Sunday.

"Other vehicles don't want to be behind you — they cut you off and they never give you the right-of-way," said TTC driver Daniel Canpos.

Crossing rights-of-way can be hazardous, said TTC chair Adam Giambrone. "There are a lot of people who just don't look. Streetcars can't swerve out of the way. They are on tracks," he said.

"We want to remind people to maybe take their iPods out when they're crossing a right-of-way."

TORSTAR NEWS SERVICE

Shooting details emerge

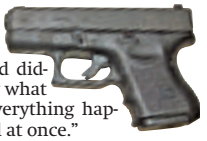
The driver of an SUV carrying three suspected gang members who were murdered Sunday morning tried to steer his vehicle through a hail of bullets and flying glass during their high-speed ambush.

In a heavy downpour, and with the attacking car nearly sideswiping his gold pathfinder on a Gardiner Expressway off-ramp, the petrified driver didn't get a good look at his attackers, police said.

He clumsily navigated his car onto Lunness Road, a quiet residential street.

Scared for his life, he abandoned his car just before 4 a.m., near Queensway Hospital, fleeing on foot and leaving the three dead or dying passengers behind.

"He ran out of options," Det.-Sgt. Frank Skubic said yesterday. "He was shocked, panicked and didn't know what to do. Everything happened all at once."



Unhurt, but still in shock to lose friends Adrien Bannerman, 29, Kurt Charles, 27, and Aaron MacDonald, 20, the driver may not remember everything correctly, police said yesterday.

They have no reason to doubt this witness, police said, but they're keeping an open mind as to where the shooting may have occurred. They won't be surprised, they said, if they find another crime scene.

The next mystery that remains is the 9-1-1 caller. Now that police have discovered he and the driver are not one and the same, they're appealing for the man who made the emergency cellphone call to come forward.

Barely any hint of the crime was left on Lunness Road yesterday, save for a few rose bouquets and a picture of the three friends, which was taped to a wooden pole.

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Yorkdale Mall
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2187 Queen St. E (The Beach)
2501 Yonge St. (at Castlefield)
155 - 720 King St. W
464 Danforth Ave.
199 Bay St. (Commerce Court)
130 King St.
363 Front St. W (City Place)
727 Bloor St. W
5015 Yonge St.
5 - 500 Church St.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
Shoppers World
60 Great Lakes Dr. (inside Home Depot)
2880 Queen St. E (Hwy. 7 & Airport Rd.)

Georgetown
Georgetown Marketplace

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
Woodchester Plaza
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
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3 - 10019 Keele St.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
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9301 Bathurst St.

Thornhill
Promenade Mall
Shops on Steeles and 404 Mall
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8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

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Body found after blaze
A charred body was discovered after a blaze in a Richmond Hill home last night. Firefighters, police, and emergency crews responded to reports of a fire at a small wood framed house at 7 Bond Cres. in the King Road and Yonge Street area just after 8:30 p.m. TORSTAR NEWS SERVICE

Local

Casino talks expected to resume

Negotiations to end a strike by employees at three casinos in Ontario, including Toronto's Woodbine Raceway, are expected to resume today. Approximately 850 employees at casinos in Brantford, Sudbury and the raceway been on strike since June 1. The Ontario Lottery Corporation in a release said that informal talks with the Canadian Auto Workers over the weekend were positive enough to resume the negotiations.

Citytv
HD 519 ROGERS

Poor air keeps out residents

No major structural damage to building from fire: Officials

It will be at least tomorrow before the displaced residents of a smoked-out apartment building can grab their wallets, their cellphones, or even a change of clothes. It will be at least four weeks before they can move back home.

Many of the roughly 900 residents returned yesterday to the building at 2 Secord Ave. — near Main Street and Danforth Avenue — where an explosion inside an underground hydro vault had forced them from their homes just 24 hours earlier.

Hoping to get back into their apartments to grab some necessities, many residents waited around all day at nearby Secord Public School, where city officials have set up a makeshift shelter. Eventually, however, they were told they would have to wait until at least tomorrow to get inside after harmful chemicals showed up during air quality tests in the building.

"It's not safe for residents to go back into the building as the air and the dust ... may be harmful to their health."
Dr. Vinita Dubey

"Right now it's not safe for residents to go back into the building as the air and the dust that's present may be harmful to their health," said Dr. Vinita Dubey of Toronto Public Health yesterday. Dubey didn't specify which chemicals were putting residents at risk.

City engineers determined that there was no serious structural damage to the building yesterday.

TORSTAR NEWS SERVICE

RENE JOHNSTON/METRO TORONTO

Toronto Police show the hundreds of bikes seized at raids involving a bike theft ring at the police garage in Liberty Village yesterday.

Hundreds of bikes seized

A Toronto bike shop owner is now facing more than 60 charges after a brazen daylight theft led police to a massive stash of stolen bicycles stockpiled at several locations across the city.

Over a period of five days, police recovered between 1,200 and 1,500 bicycles from a store, as well as about 1.5 kilos of marijuana and several ounces of crack cocaine, in a store, residence and several garages while executing a series of search warrants.

Igor Kenk, owner of The Bicycle Clinic at 927 Queen St. W., was arrested last Wednesday after police officers said they witnessed a man directing another person to use bolt cutters to remove the locks off two bikes in front of his store.

60 plus charges were laid against bike shop owner Igor Kenk.

Police allege Kenk was paying people to bring him stolen bikes.

"It appears people would bring him stolen bikes for cash," said Det. Sgt. Egidio Roseto yesterday.

"Just from the volume of the bikes it would have to be an operation that was going on for a long time," Det.-Sgt. Egidio Roseto said yesterday.

The seizures may not be over yet. Anyone who might have rented a garage to Kenk is being urged to call police. Search warrants were executed yesterday and Roseto said new tips are being investigated.

TORSTAR NEWS SERVICE

Illegal gambling rings busted

POLICE Seems some card players in the GTA don't know when to fold 'em.

Police closed down four illegal gambling rings on the weekend and say a growing mania for Texas Hold 'Em poker has made the activity more lucrative than ever.

"It's an epidemic right now, with Texas Hold 'Em on TV and on the Internet and all the avenues available for them," Det. Emilio Dipoce said.

While police only seized $12,000 in cash during the raids in Toronto and Pickering, Dipoce said operators who run a single Texas Hold 'Em can make more than $400,000 in one game.

"And that's being very, very conservative," he said.

Forty-seven people, including two minors, are facing charges.

The investigation began almost five months ago when the Illegal Gambling Unit of the Organized Crime Section received complaints about illegal gambling rings in the GTA.

TORSTAR NEWS SERVICE

Zoo

Report criticizes fundraising

CONSULTANTS A consultant's report says the Toronto Zoo doesn't have much of a track record on soliciting major financial gifts, and though it has a fundraising foundation, its members aren't "well connected" enough to big potential donors.

The report, prepared earlier this year for the zoo by fundraising consultants DVA Navion, also points out that past donors have felt "disrespected" by both the zoo's board and the foundation.

TORSTAR NEWS SERVICE

News in brief

TRIAL Officials unaware of Livent's cooked books received documents clearly showing allegedly fraudulent "transferred amounts," a lawyer for Livent co-founder Garth Drabinsky suggests. Former Livent production controller Grant Malcolm agreed under cross-examination yesterday that Gerry Blair received the production reports.

TORSTAR NEWS SERVICE

Officials allowed to see jailed Canadian

Canadian government officials have finally been allowed access to a Canadian citizen who has been held in an Ethiopian jail since late January 2007, after he was rendered from Kenya on suspicion of terrorism.

Bashir Makhtal, a former Torontonian believed to be in his early 40s, was arrested in late December 2006 on the border between Kenya and Somalia.

At the time, he was suspected of being a member of the Ogaden Liberation Front, an Ethiopian separatist group, because his grandfather was one of its founders. His family, however, says Makhtal had moved to Kenya to establish a used-clothing business.

charges

Foreign Affairs officials said yesterday that the Canadian government hasn't been advised of any criminal charges filed against Makhtal.

Makhtal has been detained in an Addis Ababa jail since late January 2007. This past June, Ethiopian officials in Ottawa said Makhtal had been charged with being a member of a rebel separatist group with ties to al Qaeda, and that a court case against him was underway.

TORSTAR NEWS SERVICE

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Teen stabbed at strip mall
A teen is in hospital after being stabbed in the back last night at a strip mall at Wilmington Avenue and Overbrook Place. TORSTAR NEWS SERVICE

Edging closer to new streetcars

InTransit

Ed Drass
transit@eddrass.com

The TTC's plan to buy new streetcars is a big deal. The commission needs about 200 cars to replace the 30-year-old models that Torontonians ride daily. Whoever wins the $1.25-billion contract may be well placed to also supply more than 300 light rail vehicles to run on planned lines across the city.

What's more, any company that provides trams for Toronto has the potential to also supply them for potential light rail routes in Mississauga, Waterloo Region or Ottawa. The initial TTC contract alone is already a substantial prize — which makes a lot of people curious why most of the world's major tram builders decided not to bid.

Transport multinational Bombardier and a small British company were the only firms to apply for the job of building new Toronto streetcars, and adding one surprise to another, transit officials rejected their bids. Now the TTC gets a chance to find out where the whole process may have gone wrong.

There is considerable pressure on TTC staff and city politicians to make a deal that not only gives Torontonians a sturdy and attractive vehicle but one that is reasonably priced and can be delivered in a few short years.

With the current fleet wearing out, we've run short of streetcars to serve existing lines and can't accommodate ridership growth. Replacements should have been ordered years ago.

It might seem a poor reason to blame this on Ontario's decade-plus drought of transit funds, except that even today no government has indicated a willingness to pay for the first 200 cars. This amounts to negligent planning at every level, although the TTC ends up with the criticism.

The transit commission will now talk with suitable tram builders including Bombardier to see how to get back on track, while guarding not only the financial interest of the taxpayer but also the TTC's reputation as a responsible purchaser.

If appearances count, Bombardier's dominance of the Toronto transit market is both a plus and minus. The Canadian-founded company has recently landed big contracts at the TTC (for new subway trains) and with GO Transit, where it supplies rail cars, maintenance services and is currently taking over train operation from CN. This success speaks well for the firm's efforts but at the same time suggests rivals have little hope of winning major deals in the GTA.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

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News in brief

SEARCH Toronto police are searching for two suspects after a woman reported several shots were fired at her and her two daughters in the Jane Street and Shoreham Drive area around 4:30 a.m. Friday. Police have issued arrest warrants for Cameron Andre Richards, 31, and Jason Michael Johnson, 23, both of Toronto.

SHOOTING Police closed down King Street West for about five hours Sunday night after a man was shot near a rooming house at the corner of King and Tyndall Avenue. The victim was taken to hospital with minor shotgun wounds to the leg. TORSTAR NEWS SERVICE

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Nuke watchdog rejected report: Documents

Canada's nuclear safety watchdog rejected a preliminary report into last year's reactor shutdown that sparked a critical shortage of medical isotopes, say newly released documents. THE CANADIAN PRESS

Canada

Rude awakening

A Montreal woman got a rude awakening when she groggily felt around under her bed to find the source of a noise and touched an almost metre-long snake. The snake — a non-venomous python — tried to escape through a hole in a nearby wall when police arrived, but one officer managed to grab it by its tail and hold on to it.

THE CANADIAN PRESS

Harper 'playing politics'

Islamic group leader says PM showing 'shocking indifference' to Khadr

Prime Minister Stephen Harper is "playing politics" and remains indifferent to Omar Khadr's plight because the Guantanamo Bay prisoner is "brown-skinned" and a Muslim, says the leader of one of Canada's largest Islamic groups.

Against a backdrop of "Islamophobia" stirred by the 9/11 terrorist attacks, Harper has calculated that refusing to press Washington for Khadr's return would score him "political points," said Canadian Islamic Congress president Mohamed Elmasry.

"This is where a leader comes in to say, 'This is really wrong and I have to correct that wrong by bringing this person (back to Canada) even if I lose some political points with Islamophobes,'" Elmasry said in an interview yesterday.

"Mr. Harper is playing politics because of the backdrop of Islamophobia in this country ... he has to rise above that."
CIC president Mohamed Elmasry

"Mr. Harper is playing politics because of the backdrop of Islamophobia in this country ... he has to rise above that."

In an opinion piece released to the media Sunday, Elmasry accused Harper of showing "shocking indifference" to Khadr's situation.

Yesterday, Elmasry said he was attempting to explain Harper's stance on the file, not accusing the prime minister of prejudice against Muslims.

"There is no logical reason for Mr. Harper to be stubborn and not to act," he said.

Kory Teneycke, Harper's director of communications, said he wouldn't comment specifically on Elmasry's words, but added, if "there is a party playing politics with this case, it's certainly not the Conservative party."

THE CANADIAN PRESS

Quebec Tories swapped ad expenses: Elections Canada

The Conservative party shifted thousands of dollars in advertising expenses from two of its top Quebec candidates to other Quebec candidates who had more spending room in their 2006 election campaigns, the lawyer for Elections Canada has suggested.

A former financial officer for the party confirmed last month in a court examination that expenses incurred by Public Works Minister Christian Paradis and former foreign affairs minister Maxime Bernier were assigned to other candidates.

But former chief financial officer Ann O'Grady said the expenses were "pro-rated" to the other candidates because the firm that placed the television and radio ads billed Paradis and Bernier for higher amounts than their campaign agents originally committed.

Elections Canada lawyer Barbara McIsaac probed O'Grady over records involving an eventual claim for $20,000 in radio and TV advertising by Paradis and $5,000 in advertising claimed by Bernier.

THE CANADIAN PRESS

Investigation

- Bernier and Paradis are among 67 Conservative candidates whose advertising expenditures are under investigation by the federal elections commissioner.

Ottawa transit **Pets will have to wait**

ETIENNE RANGER/FOR METRO CANADA

Sisi, a Chinese Shih Tzu, must wait a little longer yet before being allowed to join owner Joanie Bouliane aboard an Ottawa OC Transpo bus. The city is considering a six-month pilot project to allow crated, small pets on buses.

Airlines

Bomb threat diverts flight to Gander

NOTE A transatlantic flight was diverted to Gander, N.L., after a note was found Sunday night saying a bomb was on board.

RCMP say the Boeing 767 was given the all-clear after a search with a bomb-detection dog found nothing dangerous.

Delta Airlines Flight 22 en route to Paris from Atlanta was carrying 208 passengers and 11 crew.

Everyone was taken inside the terminal while the search was conducted.

Police are continuing their investigation.

THE CANADIAN PRESS

News in brief

HEALTH A 73-year-old cardiac patient from Midland, Ont., has been fitted with a new device that allows medical staff to monitor his condition remotely. George Woods is the first person in Canada to receive such a fully automated implant, which also allows medical staff to check his defibrillator remotely.

IMPRISONED After 18 months of fruitless effort, Canadian officials in Ethiopia have succeeded in visiting a former Toronto man held under mysterious circumstances in an Addis Ababa jail. The Foreign Affairs Department said yesterday diplomats in the East African country saw imprisoned Canadian Bashir Makhtal last Friday.

THE CANADIAN PRESS

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Bangkok	Travel Oct 15-Oct 29/jl	$879 + $619 taxes & fees
Cape Town	Travel Sep 10-Sep 24/kl	$1179 + $337 taxes & fees
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Holidays

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Protests held against summit
Protesters staged a demonstration outside the Pacific Northwest Economic Region Summit in Vancouver Sunday. THE CANADIAN PRESS

Cristobal coming

Storm to rip through Nova Scotia

Nova Scotia is bracing for a downpour as tropical storm Cristobal churns its way up the Atlantic Coast towards the province.

Up to 100 millimetres of rain could be dumped on Halifax and other parts of Nova Scotia as the storm moves into the region today.

Environment Canada has issued rainfall warnings for southwestern and coastal areas reaching up to Guysborough County.

flood warning

- The Canadian Hurricane Centre in Dartmouth, N.S., cautioned that the heavy rains could cause flooding in some areas.

"The Fundy coast of New Brunswick and southern parts of P.E.I. could see heavy rain, but not as much as southwestern Nova Scotia," said meteorologist Bob Robichaud.

Much of the Maritimes was already drenched yesterday by a separate weather system.

Robichaud said there won't be much of a difference once Cristobal arrives.

Cristobal formed as a tropical storm off the coast of South Carolina Saturday, but is expected to be downgraded to post-tropical storm status once it hits Nova Scotia.

THE CANADIAN PRESS

B.C. premier goes easy on feds

CLIMATE B.C. Premier Gordon Campbell says the federal government should feel no pressure to join the growing Western Climate Initiative to combat greenhouse gas emissions, even after Ontario signed on last week.

Gordon Campbell

Four provinces and seven U.S. states now make up the cross-border initiative to help reduce emissions starting in 2010, mainly through a system of capping emissions and trading carbon credits.

Campbell says Ontario's announcement at the recent premiers' conference in Quebec City came "out of the blue," but means the initiative now covers two-thirds of the Canadian population and half the country's emissions.

THE CANADIAN PRESS

Soldier's death **Legal action**

THE CANADIAN PRESS FILE PHOTO

Cpl. Kevin Megeney is shown in a 2006 file photo. The Canadian military will go ahead with prosecution of Cpl. Matthew Wilcox, who faces multiple charges in the March 2007 shooting death of Megeney in Afghanistan. Wilcox was charged last October.

News in brief

BORDER A senior Canadian border official says traffic at the Canada-U.S. border will be no busier during the 2010 Olympics than a summer Saturday. THE CANADIAN PRESS

APPEAL Canada's information commissioner Robert Marleau is appealing a Federal Court decision restricting citizens' access to government records. THE CANADIAN PRESS

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Tension at Thailand-Cambodia border
Several thousand Thai and Cambodian troops will remain along their countries' shared border after talks failed yesterday to resolve a nearly weeklong dispute over land near an 11th-century border temple. THE ASSOCIATED PRESS

World

Nuclear mishap in Alps

Electricite de France says 15 workers were exposed to radioactive contamination while carrying out maintenance at a nuclear plant in the French Alps. France's nuclear industry is under increased scrutiny following uranium leaks earlier this month. France depends on nuclear power for the majority of its electricity. THE ASSOCIATED PRESS

Probe halted for missing girl

INVESTIGATION Portuguese authorities are stopping their investigation into the disappearance of British girl Madeleine McCann because detectives uncovered no evidence of a crime in their 14-month probe, the attorney general said.

The case will remain on hold unless new evidence emerges, Attorney General Fernando Pinto Monteiro's office said.

"The investigation into the disappearance of Madeleine McCann has been halted because no evidence was discovered of any crime committed by the suspects," it said.

Detectives found no reason to charge any of the three suspects: Madeleine's parents Kate and Gerry and local man Robert Murat.

THE ASSOCIATED PRESS

Top war crime suspect nabbed

Indicted for Muslim massacre

Former Bosnian Serb leader Radovan Karadzic, accused architect of massacres making him one of the world's top war crimes fugitives, was arrested yesterday in a sweep by Serbian security forces, the country's president and the UN tribunal said.

Karadzic is suspected of masterminding mass killings that the UN war crimes tribunal described as "scenes from hell, written on the darkest pages of human history." The killings include the 1995 massacre of 8,000 Muslims in Srebrenica, Europe's worst slaughter since the Second World War.

"I was informed by our colleagues in Belgrade about the successful operation which resulted in the arrest of Radovan Karadzic," the tribunal's head prosecutor, Serge Brammertz, said.

He was indicted on genocide charges in 1995 by the tribunal, and topped its most-wanted list for more than a decade, allegedly resorting to elaborate disguises to elude authorities.

He was charged with genocide, complicity in genocide, extermination, murder, wilful killing, persecutions, deportation and other crimes committed against Bosnian Muslim, Bosnian Croat and other non-Serb civilians in Bosnia and Herzegovina during the 1992-95 war.

THE ASSOCIATED PRESS

Still not found **Seeking help**

RED HUBER/THE ASSOCIATED PRESS

Cindy Anthony, grandmother of Caylee Marie Anthony, stands by her son's car yesterday that has a message written on the back window asking for help to find her granddaughter. Casey Anthony, the mother of Caylee Marie, was arrested Wednesday on suspicion of child neglect. The child has been missing for more than a month.

Tropical Dolly headed to Tex-Mex border

WEATHER Residents along the Texas-Mexico border kept an eye on tropical storm Dolly, as forecasters predicted it would become a hurricane later this week and make landfall. The storm is expected to bring about 250 to 500 millimetres of rain.

THE ASSOCIATED PRESS

News in brief

IRAQ Face to face with Iraq's leaders, Barack Obama gained fresh support yesterday for the idea of pulling all U.S. combat forces out of the war zone by 2010. But the Iraqis stopped short of actual timetables or endorsement of Obama's pledge to withdraw American troops within 16 months if he wins the presidency.

LIGHTNING A lightning strike in Boston injured 10 people taking shelter under a tree during a thunderstorm at a soccer game. The victims were taken to various hospitals after Sunday's incident with burns. The youngest was 13 years old, while the oldest was in his 40s.

POLITICS Zimbabwe's president and his bitter opposition foe met yesterday — for the first time in a decade — to sign an agreement paving the way for talks on resolving the country's political crisis.

THE ASSOCIATED PRESS

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Helicopter crash
Bolivia's defence minister says that a Venezuelan military helicopter often used to transport Bolivian President Evo Morales has crashed. Five people are dead, but Morales was not aboard and is safe. THE ASSOCIATED PRESS

Pope addresses abuse

Apology made for clergy in Australia

Pope Benedict has ended his visit to Australia by meeting with victims of sexual abuse inflicted by Roman Catholic clergy.

He conducted a private mass and spoke with four abuse victims — two men and two women — in Sydney yesterday, shortly before leaving Australia.

Two days earlier, the Pope made a forthright apology for the suffering of those maltreated by church officials.

But the gestures weren't enough for activists in Australia, who demand the church must pay reparations for the abuse, accusing church leaders of trying to block compensation claims in the courts.

The Vatican said the meeting lasted for about one hour and was arranged so the Pope could express his "concern for those who have been abused by members of the church."

The victims' identities were kept secret, but, in a statement released to the Australian Broadcasting Corp., two of them said Benedict had "listened closely and was moved" during the meeting, and "was compassionate in his words of consolation to us." THE ASSOCIATED PRESS

India **Fiery protest**

KUMAR A. MAHESH/THE ASSOCIATED PRESS

Activists from the Communist Party of India hold torches yesterday as they attend a rally opposing the Indo-U.S. civilian nuclear deal in Hyderabad, India.

Video captures abuse by Israeli

INVESTIGATION A video released by an Israeli rights group has sparked a military investigation into the abuse of a Palestinian protester by an Israeli soldier.

The video released by B'Tselem shows a soldier firing a rubber-coated bullet near the foot of a West Bank man whose hands were bound and whose eyes were blindfolded.

The victim said he suffered minor injuries. THE ASSOCIATED PRESS

More than 50 trapped in flooded Chinese coal mine

NO CONTACT A state-run news agency reports 56 people are trapped after a coal mine flooded in southern China.

The Xinhua news agency said rescuers were unable to make contact with the miners at the Nadu mine after the flood late yesterday afternoon.

China's mines are the world's deadliest, with explosions, cave-ins and floods killing nearly 3,800 last year. THE ASSOCIATED PRESS

News in brief

EARTHQUAKE A strong earthquake with a preliminary magnitude of 6.1 struck off the northern Japanese coast yesterday. There were no immediate reports of damage or injuries.

WAR CRIMES The first Guantanamo war crimes trial began with a not guilty plea from a former driver and alleged bodyguard for Osama bin Laden, Salim Hamdan, a Yemeni. THE ASSOCIATED PRESS

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— Christine Jambrosic, Ontario

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CRA341CFP Tab 4C - Metro Toronto - Toronto WK30

Hasbro posts second-quarter profit

Toy maker Hasbro said yesterday second-quarter profit rose to $37.5 million US from $4.8 million a year earlier, helped by demand for Star Wars and Indiana Jones related toys and the benefit of a weaker U.S. dollar. THE ASSOCIATED PRESS

Business

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BlackBerry

Device more than just for work: RIM

CAMPAIGN Facing competition from Apple's iPhone, Research in Motion told its annual meeting that it wants to change the perception of its brand to deliver the message that BlackBerrys are for more than just work. The BlackBerry For Life campaign will focus on the device's multi-media capabilities.

THE CANADIAN PRESS

News in brief

TRANSALTA Two U.S. private equity firms, LS Power Equity Partners and Global Infrastructure Partners, yesterday offered a "non-binding" $7.8 billion, or $39 a share in cash, for Alberta-based utility TransAlta Corp., which had been under pressure by a major investor to boost its stock price.

THE CANADIAN PRESS

Cellphone shakeup?

Wireless spectrum auction ends

Canada's cellphone market faces a major shakeup after existing and wannabe players lined up to spend $4.25 billion for wireless spectrum across Canada.

"You will see new players, more choices and for sure lower prices."
Iain Grant

The government spectrum sale ended yesterday after enticing bids from 15 players, including two entrants who could form a fourth national network.

"I think you will see significant changes over the next 12 months," said Iain Grant of the Seaboard Group. "You will see new players, more choices and for sure lower prices."

Successful bidders included Globalive Communications, which spent $442 million on licences for most provinces. It is best known in Toronto for selling Yak long-distance services.

Rogers Communications topped the bidding by purchasing licences worth $999 million, followed by Telus with $880 million and Bell Mobility with $741.

THE CANADIAN PRESS

Peking Duck **Ovens face EU ban**

CATE GILLON/GETTY IMAGES

Cooked ducks hang in the window of a Chinese restaurant in China Town yesterday in London, England. Chinese imported gas ovens used to cook the popular Crispy Peking Duck have been banned in the United Kingdom for failing European Union regulations on carbon monoxide emissions.

Car likely to pass truck in overall sales

TOP CAR A car will likely beat a truck as Canada's best-selling vehicle in 2008 for the first time in 15 years as consumers turn sharply to smaller, more fuel-efficient autos. Honda's Civic compact is pulling away from Ford's F-Series pickup in sales at the halfway point of the year, according to figures from DesRosiers Automotive Consultants.

Sales of the Civic, which has built a reputation for durability, fuel efficiency and overall value, shot up 24 per cent to 43,029 in the January-June period this year from the same six months in 2007.

Meanwhile, volumes for the venerable Ford F-Series pickups have slid 6 per cent to 36,555 in the same periods. TORSTAR NEWS SERVICE

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OK, brace yourselves; we're going to get a little deep here. We have finally finished A New Earth.

Yeah, yeah, we know we are a little behind the 8-ball on this one but let's agree, it's not a summer beach read, and, hey, we'll admit, we've been a little busy.

Now being Smart Cookies we find a way to relate everything we read back to money. And Eckhart Tolle's book is no different.

Essentially, Tolle explains that many people become consumed by obtaining things in attempts to fill or complete themselves. While we agree, we are the first to admit that we love "things" — new shoes, new clothes, new items for our home — you name it. So we were relieved to read that it's OK to want things.

However, according to Tolle, it's impossible to lead a fulfilling life if we try to build our identity through "things." Tolle illustrates this point by saying "we cannot really honour things if we use them as a mean to self-enhancement, that is to say, if we try to find ourselves through them."

The point is to be appreciative of what you have right now. And it's not about what you want but rather why you want it. For example, do you want the coach bag because it's good quality and lasts forever or do you want it because you think people will look at you and think you've arrived?

How many of you have thought, "Once I get that new house, then my life will be better"? Or, "If I get this dress for tonight, then I will stand out at the party"? Or, "Once I get that new car I will find the right woman?"

We'll admit we used to throw around the same excuses but we've gotten a lot better ever since we created what we call "The Perfect Day." Planning your perfect day allows you to get clear on what exactly you want to spend your money on. On *smartcookies.com* we have a number of questions to help you describe your perfect day. Essentially, you pull three activities from your perfect day that bring you joy (spending time with family and friends, cooking, working out) and then three things in your perfect day that you don't have now but are looking forward to in the future.

We invite you to visit *smartcookies.com* and download The Perfect Day exercise. Send comments and questions to us at *smartcookies@metronews.ca*.

Tune in Wednesday at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

MoneyMatters

Henry Choo Chong

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Just for laughs TORONTO

CFL
Dena Clark, the head of the Winnipeg Blue Bombers' dance team since 2003, resigned yesterday after saucy pictures of some of the club's cheerleaders appeared on the Internet. THE CANADIAN PRESS

Sports

Saints acquire Shockey

Jeremy Shockey, left, was traded to the Saints yesterday, giving New Orleans a disgruntled star tight end who watched from afar while injured as the New York Giants surged to the Super Bowl title. The Giants will get second- and fifth-round picks in the 2009 draft. The deal must be approved by the NFL and is contingent on Shockey passing a physical. The Associated Press

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Sports world defies logic

Eskimos' late collapse, Loewen's career change among head shakers

YorkReport

Marty York

marty.york@metronews.ca

Logic is being defied at an awfully alarming rate in professional sports these days. Consider:

• In the CFL, in the year 2008, in a multicultural country, there are no black general managers, head coaches or even referees.

• With 99 seconds remaining in Toronto Sunday, the Edmonton Eskimos allowed a previously mediocre Argonauts offence to march a mind-boggling 109.5 yards to score a game-winning touchdown in a series that featured no fewer than five catches for 79 yards by some kid called Tyler Scott, who hadn't played football since he left some place called Saginaw Valley State two years ago.

• In his first two starts, North Carolina graduate Darian Durant accomplished something few other U.S. quarterbacks could — instant CFL success. Durant is precisely what the CFL's doctor ordered — invigorating new blood. He tore apart defences, passing for nearly 350 yards in each of Saskatchewan's back-to-back triumphs, and yet Roughriders coach Ken Miller will start inconsistent, injury-prone QB Marcus Crandell next game.

• Japanese baseball star Ichiro Suzuki of the Seattle Mariners still uses a translator to do interviews with North American reporters even though he speaks near-perfect English to his teammates.

a perfect start

Darian Durant is the first quarterback to win his first two CFL starts with Saskatchewan since Kent Austin in 1987. Marcus Crandell, not Durant, will start against Toronto Sunday, when the Roughriders seek their first 5-0 start since 1948.

• The pitching career of British Columbia's Adam Loewen, 24, came to an abrupt, painful and heartbreaking end Saturday because of elbow problems, and yet the Baltimore Orioles actually feel they'll save the kid's MLB career by converting him into an outfielder, a transformation only one other major-leaguer — the St. Louis Cardinals' Rick Ankiel — has made successfully.

• The New York Mets' Carlos Delgado is batting .419 in July despite widespread suggestions earlier this season that the ex-Blue Jays slugger was finished.

• A cat spat of sorts between a foul-mouthed Danica Patrick and a towel-throwing Milka Duno attracted far more attention this weekend than their so-called sport, auto racing, has all year. (Check it out at *www.metronews.ca*.)

• Jason Taylor was traded to the Washington Redskins Sunday even though Miami bossman Bill Parcells said recently the defensive lineman would remain a Dolphin "unless he retires. If we trade Taylor, I'll call you myself to tell you. But I won't have to because it isn't happening. That's how sure I am." … Makes a guy not buy those weekend denials about Mats Sundin joining the Vancouver Canucks.

• The geniuses who run pro tennis and pro golf both decided to hold their marquee Canadian events in Toronto in the very same week. This week. Why?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Jones uses power, legs to lift O's past Jays

ORIOLES 8 BLUE JAYS 3

MLB Adam Jones homered in the third inning, then got a key infield single in a three-run fifth that carried the Baltimore Orioles past the Blue Jays 8-3 last night.

Jones

One day after being sidelined with a swollen right ankle, Jones hit a two-run homer and scored twice.

He has reached base safely in 20 straight games, going 29-for-78 (.372) with 15 RBIs.

Ramon Hernandez homered for the O's, who climbed out of last place in the AL East ahead of Toronto.

Baltimore went up 6-3 in the fifth against Jesse Litsch. After Brian Roberts doubled with one out, Jones hit a grounder deep in the hole at shortstop and beat the throw from David Eckstein. With two outs, Aubrey Huff walked to load the bases for Melvin Mora, who chased Litsch with a two-run single up the middle.

Luke Scott then greeted Brandon League with a run-scoring single.

THE ASSOCIATED PRESS

Sports in brief

NHL Ex-captains Wendel Clark and Doug Gilmour will have banners raised at the Air Canada Centre this season in separate pre-game ceremonies to honour their achievements with the club. THE CANADIAN PRESS

NHL Outspoken former NHL defenceman, coach and general manager Mike Milbury has signed on as an analyst with Hockey Night In Canada. Milbury was an analyst on TSN last season. THE CANADIAN PRESS

SCOREBOARD

MLB

LAST NIGHT'S RESULTS

AMERICAN LEAGUE
Baltimore 8 TORONTO 3
Tampa Bay 4 Oakland 0
Minnesota at N.Y. Yankees
Detroit at Kansas City
Texas at Chicago White Sox
Cleveland at L.A. Angels
Boston at Seattle

NATIONAL LEAGUE
Atlanta 4 Florida 0
Milwaukee at St. Louis
San Diego at Cincinnati
Pittsburgh at Houston
L.A. Dodgers at Colorado
Chicago Cubs at Arizona

TONIGHT'S GAMES

AMERICAN LEAGUE
Minnesota at N.Y. Yankees, 7:05
TORONTO at Baltimore, 7:05
Oakland at Tampa Bay, 7:10
Detroit at Kansas City, 8:10
Texas at Chicago White Sox, 8:11
Cleveland at L.A. Angels, 10:05
Boston at Seattle, 10:10

NATIONAL LEAGUE
Atlanta at Florida, 7:10
Philadelphia at N.Y. Mets, 7:10
San Diego at Cincinnati, 7:10
Pittsburgh at Houston, 8:05
Milwaukee at St. Louis, 8:15
L.A. Dodgers at Colorado, 9:05
Chicago Cubs at Arizona, 9:40
Washington at S. Francisco, 10:15

CFL

WEEK 5

THURSDAY'S GAME
Calgary at Winnipeg, 8

FRIDAY'S GAME
Edmonton at Hamilton, 7
Montreal at B.C., 10

SUNDAY'S GAME
TORONTO at Saskatchewan, 7

SOCCER

GAMES FEATURING TORONTO FC:

TONIGHT'S GAME
Montreal at TORONTO, 7

Dancevic pulls off early upset

Frank Dancevic made sure last night at least one Canadian made it through to the second round of the Rogers Cup men's tennis tournament.

Dancevic, of Niagara Falls, Ont., was the only Canuck to advance yesterday, upsetting Croatian Mario Ancic 6-3, 6-4. Frederic Niemeyer, of Deauville, Que., lost 7-6 (4) 6-1 to Spain's Tommy Robredo.

Dancevic, Canada's top singles player with a No. 82 world ranking, fell behind 2-0 in the second set before rallying to tie it 2-2. Dancevic broke Ancic, ranked No. 24, to take a 5-4 lead before serving out the match.

JOHN O'CONNOR/TORSTAR NEWS SERVICE

Boris Becker puts on a Maple Leafs jersey before his induction into the Rogers Cup Hall of Fame last night.

Dancevic, 23, doesn't have much time to savour his victory. He faces third-seeded Serbian Novak Djokovic tonight. Djokovic won this title last year when the tournament was held in Montreal.

Dancevic and American partner Jesse Levine will also play in doubles against Australians Paul Hanley and Jordan Kerr tonight.

Toronto doubles specialist Daniel Nestor took to Centre Court last night, defeating German tennis legend Boris Becker 6-3 in a one-set exhibition match. Afterwards, Becker was formally inducted into the Rogers Cup Hall of Fame.

THE CANADIAN PRESS

LOTTERIES

Ontario Pick 3	4 3 9
Ontario Pick 4	0 5 1 7
Encore	0571200
Daily Keno	3, 13, 14, 20, 21, 28, 29, 30, 35, 40, 41, 44, 51, 58, 60, 63, 64, 65, 67, 69.

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Tennis
Mary Pierce withdrew from France's Olympic team due to injury and will be replaced by Amelie Mauresmo. METRO NEWS SERVICES

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

'I've found my passion'

Cameron discovers rowing at 25, battles all the way to Olympic berth

MATTHEW WUEST
Metro Canada

It took Tracy Cameron less than a week in a scull to decide rowing was going to take her to the Olympics. It didn't matter that she was already 25 and had missed out on the key development years at the sport's junior and under-23 levels. It didn't matter that she had been completely removed from competitive sport for more than six years.

"The moment my hands touched the oars and I was on the water, it fit like a glove," she recalls. "I thought, 'This is it. I've found my passion. I've found the sport I love, and I'm going for it.' In my first week, I decided I was going to the Olympics."

Cameron wasn't expecting a life-changing experience when she wandered down to the Calgary Rowing Club eight years ago. The native of Shubenacadie, N.S., grew up surrounded by water and "missed it desperately" while studying her masters in science and sports medicine at the University of Calgary.

CHRISTOPHER LEE/GETTY IMAGES

Tracy Cameron took a six-year break from competitive sports before trying rowing on a whim and starting on a path that will take her to next month's Olympics in Beijing.

"I saw all kinds of activity on the water, but when I saw the rowers, it just intrigued me," she says.

On little more than a whim, she enrolled in a learn-to-row program, and the rest is history. Cameron, now 33, is going to the Beijing Games and is a medal contender with partner Melanie Kok of St. Catharines, Ont., in lightweight double.

She didn't become an athlete overnight, however. Cameron played two seasons of university basketball with the Acadia Axewomen in Wolfville, N.S., in 1993 and 1994.

But she did have a six-year pause from competitive sport before finding rowing. She says she "did a ton of snowboarding, mountain-bike racing and running races" during that time, but describes her involvement as "recreational."

"I'd been active and living an active lifestyle, so it was a pretty easy transfer," she says. "I just had to learn the skill of rowing, but the fitness base was already there. It really wasn't a difficult transition for me to become a rower."

Cameron tried to qualify for the Athens Olympics in the heavyweight class (59 kilograms and up) but was unsuccessful. As a result, she dropped into the lightweight class after consulting with physicians and an exercise physiologist.

"I was on the bubble as a heavyweight and I really didn't belong in that category," she says.

"This is a more natural fit."

She lost 25 pounds in a year and won gold with Kok and two others in the lightweight quad at the 2005 world championships, the biggest achievement of her career so far.

"I always had the dream of going to the Olympics, since my first days on the water, but it became a reality when I went down to the lightweight class," Cameron says.

Says Cameron, of her goal in Beijing: "We're hoping to be able to play our national anthem for you."

Facts

NAME: Tracy Cameron
AGE: 33
SPORT: Rowing
CATEGORY: Lightweight double
HOMETOWN: Shubenacadie, N.S.

Putin to attend ceremonies

POLITICS Russian Prime Minister Vladimir Putin will attend the opening ceremony of the Beijing Olympics, his spokesman said yesterday.

Putin, formerly Russia's president, joins a host of world leaders including U.S. President George W. Bush and French President Nicolas Sarkozy, who have confirmed their participation in the Aug. 8 ceremony. THE ASSOCIATED PRESS

Sports in brief

ATHLETICS Disgraced track star Marion Jones has asked U.S. President George W. Bush to commute her six-month prison sentence for lying to federal agents about her use of performance-enhancing drugs.

SOCCER Schalke defender Rafinha failed to show up yesterday for his club's trip to a training camp, apparently opting to join Brazil's Olympic team without Schalke's permission. THE ASSOCIATED PRESS

Tomorrow's lineup

TEAM EFFORT For the first time, Canada will be sending a full triathlon team of six people to compete at the Games. Pick up tomorrow's Metro for more.

16 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

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Lower employment for immigrants

A new Statistics Canada report concludes university-educated immigrants in Canada are less likely to find employment than their native Canadian counterparts, even if they attended PSE in this country. METRO NEWS SERVICES

Workology

No liquor?

Nipissing University has applied for a liquor licence for a student pub at its new Bracebridge campus, which opens on Aug. 1. The application concerns at least one city resident, who says serving alcohol on campus would affect local businesses and not bring any value to the community. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Bosses need time off, too

With the summer months nearly half over, some business owners are finding it hard to let go for a vacation, even for a few days. But many do feel confident about taking time off because technology helps them stay in touch, and talented employees are able to keep the office running smoothly.

For quite a few years now, small business owners have been able to stay in touch with the office or clients with cellphones and smart phones, hand-held computers and laptops. So questions can be answered, brush fires put out and hard feelings soothed — and fewer business owners can use the "I can't afford to be out of touch" excuse that kept many of them from taking vacations in the past.

Many company owners might not realize that the business will benefit from the boss getting away for even just a few days.

Those who take vacations say they're more creative and more productive for having had some time off.

"I feel more relaxed; I see things from a different perspective," said Andrew Edson, who owns a public relations firm bearing his name in New York. Like many owners, he vacations with an arsenal of technology that allows him to spend time with his family but also do whatever work might be needed.

Some owners are taking less vacation right now because of the uncertain economy, choosing instead to stay home to nurture client relationships or prospect for new business.

Amanda Vega, who usually spends more time at her public relations firm's New York office during the summer, is staying in Phoenix, Arizona, to keep working with her clients there. With the economy dicey, "there's just such a heightened sense of fear that they require more face time," she said.

Vega says she's working six days a week, so even long weekends are out of the question. Still, she will be taking a cruise in December, an annual trip that this year will be her honeymoon.

Although she's staying on the job, Vega wants to be sure her employees do take their vacations this summer; she's concerned about their possibly burning out. So, she said, "I'm making sure they take time off."

It can understandably be very hard for new entrepreneurs to tear themselves away from their businesses, especially when a company is quite embryonic. There's no money coming in yet and there's a lot of prospecting for customers to be done.

THE ASSOCIATED PRESS

Tough to take the time you need

Relying on owner

• Chris Johnson recalled taking just five days off the first year he was in business, having founded Terralever, a Tempe, Ariz.-based web design company. "It was difficult because it was just me. Everyone's relying on you," he recalled.

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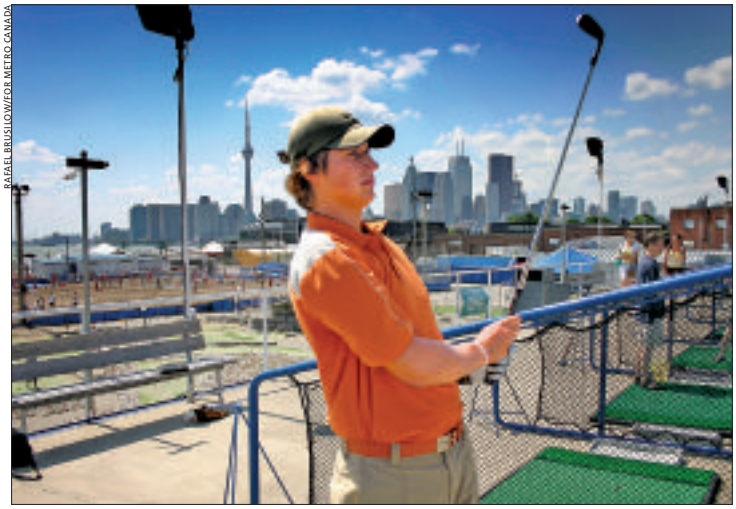
Laurentian becoming bilingual?
Laurentian University's proposed architecture school could be bilingual, offering either two facilities in English and French or separate programs under the same roof. METRO NEWS SERVICES

Golfing for a living a dream come true

RAFAEL BRUSILOW
for Metro Canada

Touted by some as Canada's version of Tiger Woods, 23-year-old golf phenom Victor Ciesielski is ready for the big-time.


RAFAEL BRUSILOW/FOR METRO CANADA
Victor Ciesielski hits the driving range with downtown Toronto in the background.

Affectionately nicknamed "Big Vic" for his tall and trim 6-foot-4 frame, the young amateur who turned heads with impressive appearances at two Canadian Open tournaments finally turned pro just a month ago. He's already feeling the excitement — and pressure — of being a career golfer.

"Now that I'm playing to support myself, there's a lot of urgency for me to play well. Every stroke is potential money lost or earned," he said.

Adding to the pressure is the realization that beyond keeping himself afloat with every stroke, he's playing to fund the paycheques of an entire crew of people supporting him including a nutritionist, a psychologist and a fitness coach.

"They're dependent on me to be playing well too. It's definitely a lot different than amateur golf — it's a business now," Ciesielski said.

Ciesielski was born in Wroclaw, Poland but moved to Canada with his family when he was five years old. He grew up playing basketball and volleyball before picking up his first golf club at the age of 12. His first big tournament win at the age of 15 gave him the confidence to think he might be cut out for the golf range.

Ciesielski recently met with Weir, a top Canadian pro, and says the best piece of advice the legendary golfer gave him was to invest his money and keep his head on straight. Though Ciesielski only officially turned pro recently, his experience in and around the pro golf world have gone a long way towards giving him the confidence to making a career of the sport he loves.

"I know my goals and I know what I want to achieve. This is my career and it's the best career I could ever pick," he said.

As for his golfing strategy, he says once the training takes root, confidence and desire have to take over if you want to win.

"Swing for the fences, don't hold back, don't be afraid. You've got to believe you can hit the shot you've hit many times before," he said.

"I figured from there I might be pretty decent at this!"
Victor Ciesielski talking about how he felt after his first tournament win — at 15 years old.

"I figured from there I might be pretty decent at this!" he joked.

Every player needs a role model and Ciesielski picked the best to motivate himself growing up — Tiger Woods.

"Tiger Woods is pretty much the reason why I started playing. I have the utmost respect for guys like Tiger and Mike Weir," he said

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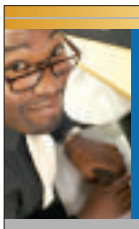
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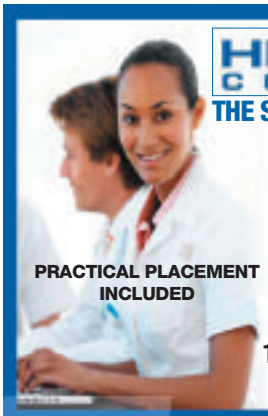
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Health-care spending

A report says Canadians are spending more out of their own pocket on health care than they were 25 years ago, increasing the risk for financial crisis during illness. THE CANADIAN PRESS

Health

Raw meal deal

Raw foods provide superior nutrition as well as the enzymes necessary for their own digestion. The cooking process destroys these naturally occurring enzymes, forcing the pancreas to produce more internal digestive enzymes. Try to eat at least one completely raw meal each day, or eat a raw salad with a cooked meal twice a day. ALIVE MAGAZINE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Blueberries contain more antioxidants than any other berry.

Antioxidants a day keep the doctor away

We hear a lot about dark-pigment fruits like blueberries being good for their antioxidant power. But what exactly does that mean?

"It's like a metaphor," says Wilhelmina Kalt, a food chemist with Agriculture and Agri-Food Canada, "that as we age, we're rusting away from the oxidative reactions in our bodies, degenerative aspects of aging and disease. The idea is these coloured fruits and vegetables can help us fight this biological rusting and presumably could help reduce the risk of disease."

What researchers are finding is that a diet rich in blueberries — no one knows for sure how much, but a cup or more a day is recommended — may offset some of the effects of aging. (Raspberries, blackberries and other berries are also rich in antioxidants, but studies show that blueberries have more.)

"The idea is these coloured fruits and vegetables can help us fight this biological rusting and presumably could help reduce the risk of disease."
Wilhelmina Kalt, food chemist

TORSTAR NEWS SERVICE

Sunshine vitamin

Recommended exposure varies with skin colour: Experts

CELIA MILNE
for Metro Canada

Caucasians should get between five and 15 minutes in the sun daily between 11 a.m. and 1 p.m., without sunscreen, while people of colour are recommended to get twice as much.

If you get a lot of vitamin D, chances are you will live longer than those who don't get enough.

A new study conducted in Austria found that people with a deficiency in vitamin D die sooner — from many different causes — than those who have plenty of the so-called sunshine vitamin.

Researchers divided 3,200 people who were enrolled in the study into four groups. The quarter with the lowest levels of vitamin D in their blood were more likely to have died during the length of the study (eight years). The results were published in the Archives of Internal Medicine.

This finding adds to the exploding body of evidence that vitamin D promotes good health. Previous studies have implicated vitamin D deficiency in cancer, peripheral artery disease, tuberculosis and multiple sclerosis. Lack of vitamin D can increase an adult's likelihood of developing osteoporosis and a child's likelihood of developing rickets.

Does this mean we should all race outdoors to spend time in the sun? How much vitamin D you get from the sun depends on your skin colour.

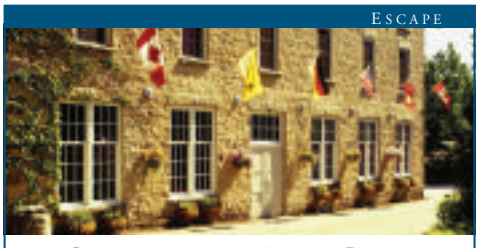
"White people should get between five and 15 minutes in the sun daily between 11 a.m. and 1 p.m. without sunscreen," recommends Dr. Cedric Garland, a prominent vitamin D researcher at the University of California San Diego. "People of colour will need twice as much."

People with dark skin colour have a decreased ability to make vitamin D when exposed to the sun, and therefore need to spend longer in the sun to receive the positive health effects. People with light-coloured skin create more vitamin D in their bloodstream when exposed to the sun, but are more susceptible to skin cancer.

The Canadian Dermatology Association warns that there were an estimated 4,500 cases of melanoma and 68,000 cases of non-melanoma skin cancers in Canada in 2006.

Other sources of vitamin D are milk (which is fortified with vitamin D), egg yolks, fatty fish such as salmon, and supplements. The Canadian Cancer Society recommends that adults take 1,000 I.U. of vitamin D daily. Ask your doctor if you should be taking a vitamin D supplement.

ESCAPE



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Stick exchange
If you're trying to quit smoking, try real licorice roots (not licorice candy) and cinnamon sticks, right. They can substitute for the habitual need to have a cigarette between your lips. **ALIVE MAGAZINE**

Health

The ugly truths about relationships

HineSight

This morning, I would like to share some thoughts about how to have a peaceful and happy partnership. With luck, it will take my mind off the fight I'm having with my spouse.

Over the years, I've learned one or two things about how to make a relationship go smoothly. After three decades of dating and/or marriage one or two things aren't bad. What I've learned, and you might want to write this down, is this: Relationships are tricky.

The problem in my house this morning was that issue that raises its ugly head in every long-term relationship. One of us left a towel on the bathroom floor.

It is absolutely true that, whatever unhappy thing your partner has said recently about your sister or however much you've stewed about the time he/she spends playing golf, your frustration is going to come out over something that: a) is trivial, and b) has nothing to do with what you're really upset about.

In short, in relationships, the shit hits the fan when the towel hits the floor.

Let's look at how two people faced with this relationship annoyance might handle the situation. First, the person who is confident in themselves and their place in the partnership. This person sees the towel on the floor, knows it has nothing to do with other relationship issues and says something like, "Honey, you've left a towel on the bathroom floor."

Notice there are key words this relationship pro does not use. Words like "again," "never," "always" and "you stupid twit." The words "never" and "always" have likely caused more relationship trouble than even, "Everyone gains weight at your age," or, "You said it was healthy to acknowledge our attraction to other people."

Next, we have the person we'll refer to as "the rest of us." This person uses the most common strategy for dealing with relationship discord. This may be called "taking it all personally."

TRoU: I cannot believe you did this to me again. You never, never think of me and always, always leave your towel on the floor. I am so leaving you for someone who showers at the gym.

When it comes to relationships, it's best to remember two things. First, instead of getting a marriage licence, we should all be issued a learner's permit.

And the best things in life are free. But they're never easy.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

It's eco-friendly, period

Reusable cup can last decade

CELIA MILNE
for Metro Canada

Want to do your monthly part for a better environment?

Try a reusable menstrual cup instead of pads and tampons. Once you get over the "gross" factor, this is actually a good idea.

You simply insert the bell-shaped cup into the vagina and it collects menstrual fluid. It gets emptied regularly (about twice a day) and re-used. One cup can last up to 10 years.

Dr. David Gerber, a gynecologist and director at Meridia Gynecology in Toronto, is largely in favour of the menstrual cup. To avoid any health issues, "you have to be fastidious about emptying it," he says. He also suggests being careful to get a cup that fits properly. If it doesn't, it can cause rubbing and rawness on the cervix. A Canadian company is promoting its new soft-silicone DivaCup, which comes in two sizes.

"(With the menstrual cup), you have to be fastidious about emptying it."
Dr. David Gerber, gynecologist and director at Toronto's Meridia Gynecology

Menstrual cups have been around for decades. An earlier version made of latex, called TheKeeper, has been available in the U.S. since 1987. But only now, with the world focused on the environment, are menstrual cups enjoying something of a rebirth. Conventional sanitary products leave a large footprint on the earth: For example, it is estimated that 12 billion sanitary pads and seven billion tampons are dropped into U.S. landfills each year.

The new DivaCup is a bell-shaped cup that is inserted into the vagina to collect menstrual fluid.

The new DivaCup is available at natural food stores such as Whole Foods Markets.

Menstrual cup questions answered

- Menstrual cups should be removed, emptied, rinsed or washed and then reinserted at least every 12 hours. Do not wear the cup for 24 hours without emptying.
- Cups should always be thoroughly cleaned. Washing the cup in mild soap and warm water provides sufficient cleansing.

SOURCE: WWW.DIVACUP.COM

Health in brief

OTTAWA The level of trans fats in some popular fast food products is dropping under voluntary guidelines, but Ottawa is threatening to put in place enforceable regulations if suppliers of fat-packed baked goods do not find a healthier alternative.

Junior health minister Steven Fletcher calls the latest Health Canada trans fat monitoring data of family restaurants and food chains "great news for Canadians."

But Fletcher, speaking at a Swiss Chalet in Ottawa, says more must be done.

In June 2007, the federal government asked the food industry to voluntarily reduce trans fat levels in food products to five per cent of the total fat content. The voluntary limit was set at two per cent for vegetable oils and margarine.

The Heart and Stroke foundation is criticizing margarine and doughnut manufacturers for their lack of effort to develop healthier options for consumers. **THE CANADIAN PRESS**

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Critics honour Mad Men

Mad Men has dominated the annual awards ceremony organized by the U.S. Television Critics Association. The drama was named program of the year and outstanding new show, and also won the prize for outstanding drama. **BBC NEWS ONLINE**

Entertainment

In the studio

Eminem is back in the studio. The rapper's friend and protegee Bishop Lamont confirmed Eminem is working on his first new material since 2004's Encore album. **FEMALEFIRST.CO.UK**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

sentenced

Winehouse hubby gets 27 months

PEOPLE Amy Winehouse's husband was sentenced yesterday to 27 months in jail for assault and obstructing justice.

Blake Fielder-Civil admitted to beating up pub manager James King in a bar fight in 2006 and then offering him the equivalent of about $400,000 to keep quiet about it.

Judge David Radford told Fielder-Civil he had behaved in a "gratuitous, cowardly and disgraceful" way. Winehouse was not at the London court. **THE ASSOCIATED PRESS**

Bixby takes country road

Former Idol contestant releases debut album Cowboys And Cadillacs

SANDY CAETANO
sandy.caetano@metronews.ca

Last season's Canadian Idol runner-up Jaydee Bixby makes a return to the TV reality show's stage tonight.

The Drumheller, Alta., country singer says he is excited to come back to the place that kick-started his music career.

"That is one of the things that I was absolutely stoked about was to come back to do a song and perform," Bixby says. "It's kind of cool because now I have my new band with me and they're a great group of guys."

Fronting his new band, Bixby will perform new single Old Fashioned Girl off debut Cowboys And Cadillacs, which was released last week. Bixby says the reception he has received from fans all over Canada has been unbelievable.

"You go into it being very optimistic thinking. 'OK my CD is going out in stores, that's pretty cool,'" says Bixby. "It's just amazing, but I didn't realize how much the Internet helps with sales and stuff because of things like iTunes."

From the moment his Idol experience ended Bixby has been keeping busy — landing a contract with HRM Records and writing and assisting with the production of his the album.

"The whole process has been great since the beginning, where you're writing songs right through to where you're holding the package. It's just a phenomenal experience to go through," he says.

To see the tracks laid out and the whole process of making the album was something Bixby quite enjoyed and he even collected two co-writes on the album for tracks Love Is and Somewhere Tonight.

More on Jaydee

- For more details on Jaydee Bixby, visit *jaydeebixby.com*.

PHOTO: HANDOUT

Jaydee Bixby says fans' reaction to his new CD has been great.

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Terminator too
Roland Kickinger has been named as Arnold Schwarzenegger's successor in the new Terminator movie. He will play cyborg T-800 in Terminator Salvation, the role made famous by Schwarzenegger in the original movies. The movie has been set for release in May. FEMALEFIRST.CO.UK

Court tosses Super Bowl 'wardrobe malfunction' fine

TELEVISION A U.S. federal appeals court threw out a $550,000 US indecency fine against CBS Corp. yesterday for the 2004 Super Bowl halftime show that ended with Janet Jackson's breast-baring "wardrobe malfunction."

The three-judge panel of the 3rd U.S. Circuit Court of Appeals ruled that the Federal Communications Commission "acted arbitrarily and capriciously" in issuing the fine for the fleeting image of nudity.

THE ASSOCIATED PRESS
Jackson and Timberlake in 2004

The 90 million people watching the Super Bowl, many of them children, heard Justin Timberlake sing, "Gonna have you naked by the end of this song," as he reached for Jackson's bustier.

The court found that the FCC deviated from its nearly 30-year practice of fining indecent broadcast programming only when it was so "pervasive as to amount to 'shock treatment' for the audience."

"Like any agency, the FCC may change its policies without judicial second-guessing," the court said. "But it cannot change a well-established course of action without supplying notice of and a reasoned explanation for its policy departure."

In a statement, CBS said: "This is an important win for the entire broadcasting industry because it recognizes that there are rare instances, particularly during live programming, when it may not be possible to block unfortunate fleeting material, despite best efforts," the network said.

Messages left for an FCC spokesman were not immediately returned.

THE ASSOCIATED PRESS

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RENTALS

Renter's Resource

Making A Rental Unit Your Own

When moving into a new space, the best part is making it your own. But with rentals it becomes a little tricky.

Rob Whitfield, owner of Casalife Furniture and Accessories (www.casalife.com) says the rules apply whether it's a condo or rental apartment.

"Space is always an issue. I suggest people start by analyzing their lifestyle to make sure their space fits how they live," says Whitfield. "Break your addiction to traditional functionality. Don't have bookshelves if you're not a bookworm and don't waste space on a large dining room table if you don't plan to entertain."

So what should you get your landlord's permission on?

"Anything and everything. It is always a good idea to run decor upgrades by your landlord to avoid cost to you later on as you move out," says Whitfield.

It's also important to have a plan, since most mistakes are made by not having a one. In terms of renovations, Whitfield suggests keeping those costs to a minimum with a rental.

"Instead invest in a couple great pieces of furniture you love that you can take with you," he says. "That said, there are some things you can do like fresh paint and window treatments that go a long way."

The main tip to make a place a home is to decorate. Little bits of yourself whether it be paintings, lighting or a favourite chair will go a long way to make your new apartment feel like home.

Sandy Caetano/Metro Toronto

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Brit gives back
With her divorce settlement behind her, singer Britney Spears took time out on Saturday night to do something for the kids, adding star power to Generation Rescue, an organization dedicated to researching autism. PEOPLE.COM

DVD picks

21

Director: Robert Luketic
Stars: Jim Sturgess, Kevin Spacey, Kate Bosworth
Rating: PG-13

IN ONE OF THE DVD extras for 21 — a film "inspired by" the real-life story of six MIT students who won millions at Las Vegas blackjack tables — it takes a mere five minutes to detail the history of the game, the essence of basic strategy and even the students' simplistic method of counting cards, the legal but despised-by-casinos technique that gave them the edge necessary to beat the house.

It's too bad the makers of 21 didn't see fit to squeeze these five minutes of context into the film itself. In any movie involving a heist or scam or otherwise sticking it to the man, the how-to always offers the biggest thrills.

Director Robert Luketic and writers Peter Steinfeld and Allan Loeb (from the superior bestselling book Bringing Down the House by Ben Mezrich) show us bits and pieces of the card-counting method, but never put it all together.

If they had, it could have helped slim down the tedious backstory in Boston involving meek math nerd Ben Campbell (a listless Jim Sturgess), which occupies the first 27 minutes of the movie, before we get to the good stuff — or, at least, better stuff — in Vegas.

There, at last, the movie shows some signs of life, though it never achieves the excitement it aspires to.

Ben's transformation from math geek to high roller doesn't go far enough — what, no drugs, no hookers? This is Vegas, right? Security thug Cole Williams (Laurence Fishburne), who is onto the card counting scheme but is portrayed as a dinosaur in an increasingly high-tech world, offers a glimmer of menace. Kevin Spacey, as the two-faced MIT prof who runs the blackjack ring (he's also a producer), burns at his usual intensity but can barely ignite a script that has all the dimension of a pair of deuces.

That the nastiness has been toned down for a PG-13 rating, which helped 21 earn $81 million at the domestic box office, is fine. What isn't forgivable is the one thing this movie about a cabal of math geniuses lacks: brains.

Extras on the two-disc set and Blu-ray also include a serviceable making-of, nicely contrasting the two locations, "hot" Vegas and "cool," wintry Boston; a commentary track where the filmmakers admit to being gambling fiends; and a digital copy of the film for viewing on computer and portable devices.

TORSTAR NEWS SERVICE

The Mummy, The Mummy Returns, The Scorpion King, (box set)

Director: Stephen Sommers (The Mummy, The Mummy Returns) and Chuck Russell (The Scorpion King)
Stars: Brenden Fraser, Rachel Weisz, Dwayne Johnson
Rating: PG-13 (all of them)

ANCIENT EGYPT joins the Blu-ray age as The Mummy, its first sequel and the spinoff The Scorpion King arrive on high-definition discs in advance of the Aug. 1 big-screen release of The Mummy: Tomb of the Dragon Emperor. The Mummy and The Mummy Returns pit Brendan Fraser and Rachel Weisz against mean old dead guy Arnold Vosloo, while Scorpion King turns Dwayne The Rock Johnson's villainous character from Mummy Returns into a hero leading a band of freedom fighters against an evil warlord.

THE ASSOCIATED PRESS

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	210	302	6	CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 3"		CBC News: The National		The Hour
	214	344	7	CITY	Friends	Hollywood	Hell's Kitchen		Japanese Game Show		Reaper "All Mine"		News (N)
	212	313	8	CTV	eTalk	Jeopardy! (N)	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	Real Housewives		Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
	137	763	13	TFO	Panorama été	Les Éclaireurs	Tournants de l'histoire		Le Mouton noir (1979, Comédie), Hélène Rolles			Jardins (SC)	Les Chasseurs
	-	-	14	-	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Retroactive ★★ (1997, Suspense) James Belushi.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Brothers in Arms"		Big Brother 10 (N)		Without a Trace "Run"		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Celebrity Family Feud		America's Got Talent (N)		Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N)		Japanese Game Show		Primetime: Family Secrets		News
	219	346	20	ACH-B	Wheel-Fortune	Degrassi: Next	Celebrity Family Feud		America's Got Talent (N)		Without a Trace "Run"		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	Kitchen Nightmares (PA)		House "Games"		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (DVS)		The Secret Family of Jesus		Wide Angle (HDTV) (N)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Beauty and the Geek		Reaper "Acid Queen"		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil		News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Beauty, Geek
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		24 Days in Brooks		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		The Suze Orman Show		Asia Squawk Box		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	MLB Baseball Toronto Blue Jays at Baltimore Orioles. (HDTV) (Live)						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	Backstage	ATP Tennis U.S. Open Series -- Rogers Cup -- Day 2. From Toronto.					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Departures "Cambodia"		Cycling Tour de France Stage 16. From Cuneo, Italy to Jausiers, France.						Adventures
	417	406	81	SC	Pinks (HDTV)	Pass Time (N)	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	551	542	25	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Spaceballs ★★ (1987, Comedy)		
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29	MM	So You Think You Can Dance				So You Think You Can Dance		Instant Star	Instant Star	Gone Wild
	615	520	31	A&E	The First 48 (HDTV)		The First 48 "Blackout"		The First 48 (HDTV) (N)		The Cleaner "Rag Dolls"		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Carabinieri		Carabinieri		The Sopranos (SS)		Raymond
	571	581	36	MMM	mmmtop	Uncovered	Listed		Fabulous Life Of...		Hogan Knows	Hogan Knows	Listed
	575	583	38	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	616	521	39	SHO	ReGenesis (HDTV)		Blue Murder "Heroes"		Trailer Park	Kenny-Spenny	CSI: NY "The Ride-In"		House
	620	523	40	BVO	Bazart	Bravo!Videos	Crossroads of Rock N' Roll		Bravonews	Garrett Mason	Live at the Rehearsal Hall		Law & Order
	601	562	41	SLC	End of Leash	Til Debt-Part	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed
	522	506	43	HIS	NCIS "Kill Ari"		Digging for the Truth		Secrets of the First Emperor		NCIS "Kill Ari"		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	Rules of Engagement ★★ (2000, Drama) Tommy Lee Jones.					Frasier	Seinfeld
	576	582	49	BET	106 & Park	Hell Date	The Inkwell ★ (1994, Comedy) Larenz Tate, Joe Morton.				Baldwin Hills	Hell Date	Hell Date
	627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
	581	566	52	MTV	MTV e2	Cribs	4REAL	Next	From G's to Gents		From G's to Gents (N)		MTV Live
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	603	561	56	FOOD	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef		Restaurant
	261	394	60	V	Murder, She Wrote		Eyes Down	On the Buses	China's Leap of Faith (N)		God in China: Struggle		Blue Buddha
	621	527	63	STR	Look-a-Like	Hollywood	TMZ (N)	eTalk	D.U. Why	Star! Rehab	The Tonight Show-Jay Leno		eTalk
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Big Comfy	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Sucré-salé	Vice caché
	126	730	102	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing		Killer Next Door		Psychic Detect	Ext. Evidence	Traders		The West Wing
	300	601	301	M1	The Rival (2006, Suspense) Tracy Nelson, Heather Tom.				300 ★★★ (2007, Action) Gerard Butler, Lena Headey.				UKM: Ultimate
	305	612	306	PIX	Dirty Harry	Babar: King of the Elephants ★★ (1999)			License to Drive ★★ (1988, Comedy)			Stowaways (1997, Drama)	

critics'corner

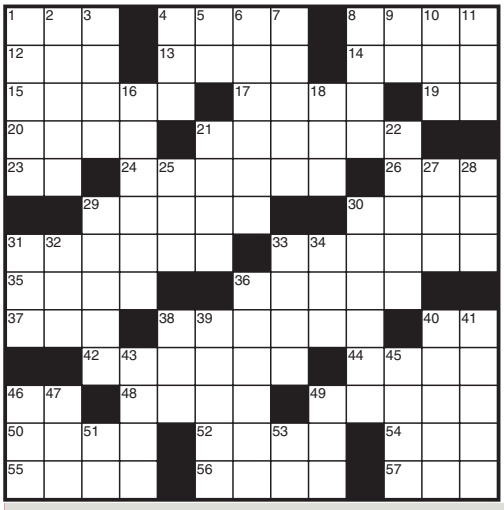
Reba
Drugs are bad. It doesn't matter if your dad smoked weed as a youth; there wasn't the research available then that there is now. Brock (Christopher Rich) lies to Kyra (Scarlett Pomers) by claiming he's never smoked marijuana in "Calling the Pot Brock." Barbra Jean (Melissa Peterman) is stunned to learn that he actually did. The situation prompts Cheyenne (JoAnna Garcia) to admit part of her past to an unsuspecting Van (Steve Howey). 9 PM on CMT

Kitchen Nightmares
Looks aren't everything, as Gordon Ramsay finds out when he visits the Olde Stone Mill, a restaurant in New York state that's lovely to look at but whose food is ... not so much. He and the owner butt heads, as expected, but Ramsay's recommendation to convert the place from an Italian restaurant to a steakhouse works like a charm. Of course, he needs to perform some attitude adjustments on the staff as well. 8 PM on FOX

Parental advice

Funny man Will Ferrell has jokingly advised actress Nicole Kidman to talk to her newborn daughter, Sunday Rose, "at least" once a week. "If you've got time, do it two or three times a week," he added. FEMALEFIRST.CO.UK

Take Five



Crossword down

1 Sluggish
2 Tub in the fridge
3 One at a time
4 Tiers
5 Big fuss
6 Closet door hanging
7 Lap dogs
8 More amusing
9 Balloon filler
10 Rapper Tone —
11 Summer in France
17 Musical note
19 Sundial numeral
22 Murky
24 Extra hrs.
25 Karachi language
26 QB — Williams
27 Jane Austen heroine
28 Lake bird
29 In the doldrums
30 About half of us
32 Progress
33 "Ulalume" poet
36 Informal assent
37 Bayou dweller
38 Flotsam and —
40 Husband's mom (hyph.)
41 Opry's st.
43 News agcy.
44 Nile goddess
45 Ceremony
46 Whitish gem
47 — Paulo
48 Worn-down pencil
49 Crude metal
50 Big bankroll

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Crossword across

1 Part of UCLA
4 Turnpike exit
8 Cartoon chipmunk
12 Muhammad —
13 "Garfield" pooch
14 Mob scene
15 Buddhist practice
16 Employees
18 Hindu mystics
20 Actual
21 51, to Flavius
22 Old PC system
23 At high volume
27 England's Isle of —
29 Term of respect
30 Paris subway
31 Yr. fraction
32 Omelette extra
33 Each
34 Fond — Lac, Wis.
35 Lowed
37 Debate side
38 Wine purchase
39 "Diana" singer
40 Fury
41 "Tao — Ching"
42 Great dog?
44 Survey course
47 Highway gear
51 Not guzzle
52 Faint glow
53 Eurasian range
54 — — loss for words
55 Comply
56 Marries
57 Ferrer or Tillis

previous day's answer

H	O	P	■	S	E	A	L	■	R	E	A	D
E	R	A	■	E	T	R	E	■	E	R	G	O
A	S	I	D	E	■	R	A	T	E	■	O	M
R	O	D	E	■	I	O	D	I	D	E	■	■
T	N	■	B	R	O	W	S	E	■	R	A	M
■	■	B	R	E	W	S	■	■	K	E	P	I
S	A	L	I	V	A	■	S	A	U	C	E	R
E	T	A	S	■	■	B	U	R	N	T	■	■
C	A	B	■	B	L	U	I	N	G	■	P	A
■	■	S	P	R	I	N	T	■	F	L	E	X
L	G	■	R	A	N	D	■	G	U	I	D	E
A	N	N	E	■	E	L	L	A	■	M	A	L
P	U	L	P	■	D	E	A	L	■	E	L	S

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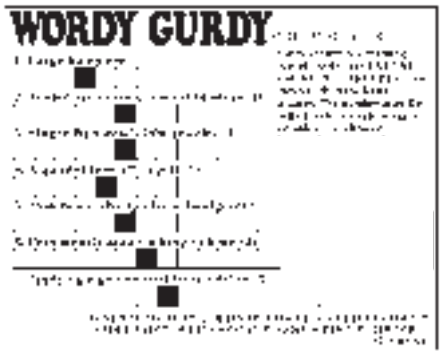
WORDY GURDY



INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

3	6	8	9	7	5	2	1	4
7	9	4	2	6	1	3	5	8
5	2	1	3	8	4	7	6	9
8	7	3	5	4	6	9	2	1
2	1	9	7	3	8	5	4	6
4	5	6	1	9	2	8	7	3
6	3	2	8	1	7	4	9	5
1	8	7	4	5	9	6	3	2
9	4	5	6	2	3	1	8	7

SOLVE TIME IN MINUTES:

Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practising

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Your finances will need fine tuning. A romance with a peer is possible. Expect to hear a declaration that changes things.

TAURUS ♉
APRIL 21-MAY 21
An organizer can make you efficient. A fun-loving associate has ulterior motives. Time is running out for a boring boss.

GEMINI ♊
MAY 22-JUNE 21
A friend won't remember what you did. Get on track by pushing into new areas. Battle against weariness by learning something new.

CANCER ♋
JUNE 22-JULY 22
Earn gratitude by having a serious chat. A deal will astound you. Bad plumbing initiates a house cleaning.

LEO ♌
JULY 23-AUG 23
An emotional bond will develop with an absent person. You'll be happy about several things. A daydreamer will support you.

VIRGO ♍
AUG 24-SEPT 22
An odd contact is lethargic. A lonely buddy will create a plan. A boss will go further than you anticipated.

LIBRA ♎
SEPT 23-OCT 23
Your appearance isn't the solution to problems. Spend time with an ecstatic person. You must ask an authority figure to be fair.

SCORPIO ♏
OCT 24- NOV 22
Your attitude changes when a man starts shouting. Try out a ridiculous theory. You'll have to work with a clown to get a job done.

SAGITTARIUS ♐
NOV 23- DEC 21
Taking time off from work is a good thing. Think about details before making a change. Lend a hand before being asked.

CAPRICORN ♑
DEC 22-JAN 20
A lover weeps over a disappointment. A new start may be sought. You'll trust someone you've recently met.

AQUARIUS ♒
JAN 21-FEB 18
Spend time with a miserable person. Avoid battles when there's nothing left to lose. Reduce panic, or fatigue will ensue.

PISCES ♓
FEB 19-MAR 20
Don't growl when frustration leads to a snit. Detours will interrupt your quiet time. Good deals are found when women are around.

	6	1	4		5			9
		5	7	9	3			
	8		2					
		6				9	5	7
1	2	7				6		
					4		3	
			1	2	8	5		
8			9		6	7	4	

Toronto weather

Afternoon	Tonight	Wednesday	Thursday	Friday
60%	70%	40%	40%	
Thunder-storms. 23°	Showers. 15°	Showers. 24°/15°	Showers. 25°/17°	Variable. 26°/18°

The Weather Network
theweathernetwork.com

Temperature Normals
High: 27.3°
Low: 15.2°

Records
High: 35.6°/1955
Low: 7.9°/1992

Sunrise: 5:57 a.m.
Sunset: 8:51 p.m.
Moonset: 10:28 a.m.
Moonrise: 10:50 p.m.

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Going country Jessica Simpson's first country concert was met with mixed reactions. Audiences booed and clapped as the singer, 28, opened for Sara Evans on Saturday at the Country Thunder USA festival in Randall, Wisc. **USMAGAZINE.COM**

Celebrity Buzz

Trying for baby 'fun'

PARENTS TO BE? Rebecca Romijn and Jerry O'Connell, who celebrated their first wedding anniversary July 14, are not expecting a baby — yet.

"We're trying to get pregnant," the actor told People. "It would be amazing if it happened. I hope it does."

O'Connell says trying to get pregnant is "a lot of fun."

Though the couple spent their first wedding anniversary apart — she was in New York and he was in L.A. — O'Connell says their time apart may actually help their relationship.

"Being apart, you want to make the most of your time together," he says. "And we really have a lot of fun together."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Thurman denies secret wedding

PEOPLE Actress Uma Thurman has denied reports she has wed her boyfriend Arpad Busson in a secret ceremony, after reports surfaced the couple's engagement party was a guise for their nuptials, *imdb.com* reports. According to the New York Post, Thurman — who sparked pregnancy rumours when she was snapped with a protruding stomach in Europe last week — is allegedly enjoying her honeymoon on the trip with Busson.

METRO NEWS SERVICES

Stone, Nelly an item?

COUPLINGS Joss Stone is reportedly dating Nelly, *femalefirst.co.uk* reports.

The soul singer has been on several secret dates with the 33-year-old rap star — who is 12 years her senior — and is said to be smitten with him. "Joss and Nelly have been out on a few dates," a source said. "It's early days but Joss is really happy. It's great that she has met someone as successful as she is and who understands the pressures of being a performer."

Stone, 21, is also reducing her hectic work schedule this year so she can have more time for herself and spend more time with Nelly.

METRO NEWS SERVICES

Brosnan voted top gay icon

OVER 50 Pierce Brosnan has defeated Bruce Willis and Richard Gere to land the title of most popular gay icon over 50, *imdb.com* reports. The former James Bond took 33 per cent of the vote, compared with Willis and Gere, who took 25 and 14 per cent, respectively, while Harrison Ford and Mel Gibson scooped fourth and fifth places. The poll was compiled by dating agency *gay-parship.co.uk*.

METRO NEWS SERVICES

celebrity brief

Hart not over Pink, exes still close

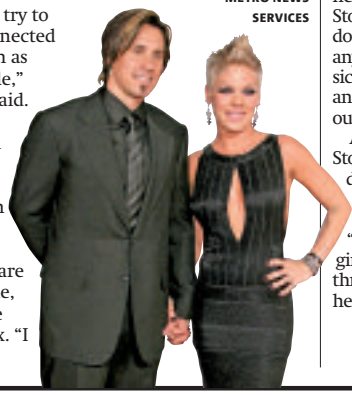
PEOPLE Carey Hart and Pink may have split, but that doesn't mean they're not still close, *People.com* reports.

"We talk all the time and try to stay connected as much as possible," Hart said. "It's a tough situation to be in but I love her to death."

And though they are no longer a couple, Hart confesses he still misses his ex. "I miss everything about her," he says. And in the wake of their split, "I became a workaholic," says the motocross star. "I work 19 hours a day."

Carey, who married Pink in 2006 and split in February, isn't ready to move on. Says Hart: "I'm not in any rush to get back into a relationship."

METRO NEWS SERVICES



Love and Cobain's daughter interning at Rolling Stone

PEOPLE Most magazine interns fetch coffee, run errands for editors and do some actual work — but maybe not Frances Bean Cobain, *PageSix.com* reports.

The 15-year-old daughter of Courtney Love and late rocker Kurt Cobain is the new summer aide at Rolling Stone. Insiders say "she doesn't get coffee for anyone . . . calls in sick all the time and wears funny outfits."

A Rolling Stone rep denied the story, telling Page Six, "She's a great girl and we're thrilled to have her."

METRO NEWS SERVICES

celebrity brief

Hudgens not jealous of Zac's fans

COUPLES Vanessa Hudgens is adamant she is not jealous of her boyfriend Zac Efron's legions of adoring female fans, *imdb.com* reports. The High School Musical co-stars have been dating for nearly a year, and Hudgens admits she often feels like a giggly, teenage fan when she is around him. She says, "I don't get jealous when Zac gets loads of attention. I do, too. And I don't mind if girls scream at him — I like to scream along, too."

METRO NEWS SERVICES

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